




Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (S) – Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
<p>Summer 2020 Program Schedule 615-862-8445</p> <p><u>Facility Coordinator</u> Randall Miller Jr.</p> <p><u>Program Coordinator</u> Pamela Caban*</p> <p><u>Recreation Leaders and Lifeguards*</u> Leslie Martinez-Garcia Cameron Prather Alexis Orozco Christy Lusk-Reed Jonathan Diaz Jason Morrow Nikkia Gaulden Dennis Morrow* Waldrian Boyd* Thomas Hunter Jr*.</p> <p>Membership Fees: <u>Daily (Fitness Center)</u> Adult \$3.00 Youth & Senior \$1.50</p> <p><u>10 Visit Pass (Fitness Center)</u> Adult \$20.00 Youth and Senior \$10.00</p> <p><u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Youth and Senior \$20.00</p> <p><u>Drop in fitness class</u> New Fee as of July 1 \$4.00</p> <p><u>10 Pass Fit Card (Classes)</u> New Fee as of July 1 \$40.00</p>	<div data-bbox="359 423 579 548">8:00am-12:00pm Lap Swim/Water Walking</div> <div data-bbox="359 602 579 727">1:00pm-4:00pm Lap Swim/Water Walking</div> <div data-bbox="359 781 579 906">6:00pm-7:00pm Boot Camp w/Leslie (\$)</div>	<div data-bbox="621 423 842 548">8:00am-12:00pm Lap Swim/Water Walking</div> <div data-bbox="621 602 842 727">1:00pm-4:00pm Lap Swim/Water Walking</div> <div data-bbox="621 781 842 906">6:00pm-7:00pm Boot Camp w/Leslie (\$)</div>	<div data-bbox="884 423 1209 548">8:00am-12:00pm Lap Swim/Water Walking</div> <div data-bbox="884 602 1209 727">1:00pm-4:00pm Lap Swim/Water Walking</div> <div data-bbox="873 756 1220 930"> https://www.nashville.gov/Parks-and-Recreation/Community-Centers-and-Recreation/Regional-Recreation-Centers/Coleman-Park-Community-Center.aspx </div> <div data-bbox="873 963 1220 1401"> <p>Swimming Pool Info</p> <ul style="list-style-type: none"> • Use every other lane • Adult Lap Swim - no more than 45min • Sign Up Sheets - Call to sign up for a spot, to prevent waiting (due to the limit, for use of the pool) • Must enter through front lobby to be scanned and Checked in • Dry off for 15min max (limit sitting in chairs and on the benches) • Use the pool door to exit (to not track water through the hallways) • Locker Rooms are closed </div>	<div data-bbox="1255 423 1476 548">8:00am-12:00pm Lap Swim/Water Walking</div> <div data-bbox="1255 602 1476 727">1:00pm-4:00pm Lap Swim/Water Walking</div> <div data-bbox="1255 781 1476 906">6:00pm-7:00pm Boot Camp w/Leslie (\$)</div>	<div data-bbox="1518 423 1738 548">8:00am-12:00pm Lap Swim/Water Walking</div> <div data-bbox="1518 602 1738 727">1:00pm-4:00pm Lap Swim/Water Walking</div> <div data-bbox="1507 751 1728 930">   <p>@ "Coleman Park Community Center"</p> </div>	<div data-bbox="1780 423 2001 548">8:00am-11:00am Lap Swim/Water Walking</div> <ul style="list-style-type: none"> • All staff and customers must wear face coverings and have temperatures checked upon arrival • Fitness Centers open at half capacity (staff monitored) 12 people max • Customers required to clean equipment before and after use • No personal trainers in Phase 3. • Fitness Classes held in gymnasium (15 participant limit) • No open gym, no physical contact or equipment sharing sports • Walking Track (only 8 patrons at a time) • Pools open for lap swim only (2 lanes) • Restrooms Open (only 2 at a time) • Water Fountains, Locker Rooms, and Meeting Rooms are closed <div data-bbox="1864 1287 2011 1498">  <p>METRO PARKS NASHVILLE</p> </div>